

OFF-DUTY DAY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:45-07:50	FE-2	IMS auto import/export
07:55-08:00	FE-1	PLANTS-2. Payload status check
08:00-11:00	.	Weekly station cleaning
11:00-12:30	CDR	Physical exercise (RED)
11:30-12:30	FE-1	Physical exercise (VELO + Load Trainer 1, day 2)
12:30-13:30	.	LUNCH
13:40-14:10	.	Weekly planning conference (<i>S-band</i>)
14:10-14:25	.	Program Management/ISS Crew conference (<i>S-band</i>)
14:25-15:05	FE-1	COX maintenance
15:00-16:00	CDR	Physical exercise (TVIS)
16:00-17:00	FE-2	Physical exercise (CEVIS)
16:00-16:40	CDR	TVIS/RED/CVIS data downlink to MEC
16:50-17:05	FE-1	Private psychological conference (<i>VHF</i>)
17:05-18:35	FE-1	Physical exercise (TVIS, day 2)
18:05-19:30	FE-2	Physical exercise (RED)
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities.

End of radiogram